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MORRIS: PLAYING BLACK FLAG ISN'T ILLEGAL. PAGES 22-23

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# Training wheels not included

**New tricks.** Some older New Yorkers are learning to ride a bike for the first time with volunteer cycling classes.  
**Citi Bike.** Many students say the new bike-share program made them want to join the two-wheeled club. PAGE 02

New Yorkers learn to ride bikes for the first time in East River Park. / BESS ADLER, METRO

**Christine Quinn endorses de Blasio**

PAGE 06

**Pols: Why did gunman get access to Navy Yard?**

PAGE 10

**One of these guys wants the other to get an Oscar**

PAGE 18





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## NEWS

### Top 3

### What's trending at Metro.us

1 'VIDEO: Elephant and dog are best friends'

2 'PHOTOS: Food artists create revolting, realistic cakes'

3 'VIDEO: Footage of Costa Concordia salvage operation'

### Quoted

"This is the cab that everyone has been waiting for, and people are going to love it."

Taxi Commissioner David Yassky, on the Taxi of Tomorrow

# Adults seek lessons in a new bike-share world

**Pedal pushers.** They get around: Citi Bike inspires grown-ups to learn a new skill.

Jackie Wasilczyk wobbled, struggling for balance and straddling a bicycle with no pedals on the East River Bikeway, when a young child whizzed by on his own two-wheeler.

"You're stuck cause you want to learn, but it's not easy when you're older," the 27-year-old Park Slope resident said earlier. "Especially with Citi Bike — I want to be able to use that resource."

Many adults like Wasilczyk are turning to Bike New York, a nonprofit aimed at promoting cycling in the city, to learn a skill that's becoming more useful since the bike share program launched in May.

Students first learned to bike without pedaling,

instead pushing forward with their feet and learning how to balance.

"It's like skipping," volunteer instructor Douglas Gonzalez said, propelling his own bike with long strides.

Gonzalez soothed frustrated students.

"Somehow, they rode a bike when they were young or they had a bad experience learning, and they never got it," Gonzalez said, noting learning how to balance first was the key. "It's like they have a mental block."

J. D. Harrington, 32, said his father tried to teach him years ago.

"I fell and he yelled a lot and I was like, no way, never again," he said.

But, by the end of the class, Harrington and most of the other students were riding confidently around the park.

ANNA SANDERS

[anna.sanders@metro.us](mailto:anna.sanders@metro.us)



Bike New York said many of their recent students credited Citi Bike as their reason for signing up. / BESS ADLER, METRO

## 'Taxi of Tomorrow' suit takes off



The controversial Taxi of Tomorrow. / GETTY IMAGES

A state court heard opening arguments Tuesday on a lawsuit to stop the Taxi & Limousine Commission's "Taxi of Tomorrow."

The "Taxi of Tomorrow," a Nissan NV200, was developed specifically for New York after a two-year selection process.

The Greater New York Taxi Association is calling on a recent court decision

striking down the so-called "soda ban," which established that a city agency didn't have the authority to regulate sugary drink-size. They argued in court today that the city does not have the authority to mandate a vehicle fleet-wide.

They also say the cars violate the Americans with Disabilities Act because they are not wheelchair-

accessible and have not been crash-tested.

But Taxi Commissioner David Yassky said the city "remains confident that the court will agree with us" and green-light the new rides.

A judge is expected to rule on the suit before the new cars' scheduled October roll-out.

ANNA SANDERS

### Corruption

### Assemblyman to plead guilty for corruption

A Brooklyn assemblyman who was indicted on federal corruption charges last year is expected to plead guilty this month, The New York Daily News reported.

William Boyland Jr. was charged with solic-

iting bribes from undercover FBI agents and, in a separate indictment, with abusing per diem requests.

"The parties are engaged in plea negotiations and expect that the defendant will be prepared to enter a plea of guilty on Sept. 24," court papers stated.

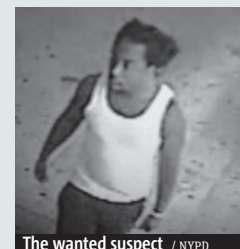
Boyland was elected to a fourth term last year. LAURA SHIN

### Crime

### Cops search for Staten Island sex assault suspect

Police are searching for a man who they say sexually assaulted a 44-year-old woman on Staten Island last week.

Cops say the suspect, described as a black male in his 30s, approached the victim in



The wanted suspect / NYPD

front of 15 Church St. in Port Richmond at 2 a.m. on Sept. 11. He took her

to a secluded location and sexually assaulted her, police said.

Anyone with information is asked to call Crime Stoppers at (800) 577-TIPS (8477). The public can also submit their tips by logging onto the Crime Stoppers website or by texting their tips to CRIMES (274637), then entering TIP577. All calls are confidential. LAURA SHIN

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Protestors marched up Broadway to Washington Square Park yesterday. / BESS ADLER, METRO

## OWS 'still important' two years after start

**Occupy Wall Street.** On the movement's second anniversary, protestors took to the streets again.

Protestors celebrated the second anniversary of Occupy Wall Street with rallies around the city yesterday.

Protestors said Occupy's relevance has not dissipated, because income inequality remains.

"There's still people

suffering. That's why Occupy is still important — so people feel like they're not alone," said Linnea Paton, 25, who slept overnight several times with the original encampment before Mayor Michael Bloomberg cleared Zuccotti Park in November 2011.

Back in Zuccotti Park Tuesday morning, people smeared red paint across their faces, danced to an impromptu drum ensemble and sang protest songs against everything from Guantanamo Bay to stop-and-frisk.

Police arrested at least

four protestors during the daytime demonstrations.

**ANNA SANDERS**  
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### Critical

"For all of the criticisms — no leaders, doesn't have a direction — screaming about income inequality is still important."

Occupier Marni Halasa, 47

### Stabbing

#### Possible hate crime in Queens

Steven Torres, 22, was charged with murder as a hate crime after he fatally stabbed a 69-year-old man in Queens on Monday.

Police say Torres stabbed Ever Orozco near 90th Street and Roosevelt Avenue in Elmhurst about 1 p.m. Orozco was taken to Elmhurst General Hospital and pronounced dead on arrival.

NBC 4 New York reported that Torres allegedly attacked the man because he believed he was gay. **LAURA SHIN**

## Reform. Stay denied in stop-and-frisk case

The city's request to delay the stop-and-frisk reforms ordered in a federal court ruling was denied yesterday.

In response to the city's warning that enforcing the remedies would be a detriment to public safety, Judge Shira Scheindlin pointed out that the drop in crime that the city proudly touts has coincided with a drop in stops.

She credited the drop in the number of stops to the rulings she has issued in stop-and-frisk cases.



City lawyers argue the judge's ruling will make the city less safe. / GETTY IMAGES

"Ordering a stay now would send precisely the wrong signal," she wrote. **DANIELLE TCHOLAKIAN**



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**Bill de Blasio hugs Christine Quinn after receiving her endorsement in front of her former endorsers. / METRO**

# De Blasio gets endorsement from Quinn

**Democrats.** The Democratic party is coming together in greater force each day behind Bill de Blasio.

Moving past a “hard-fought” campaign, City Council Speaker Christine Quinn endorsed her former rival Bill de Blasio in the mayor’s race yesterday.

"We believe that, working together, the best days for our city lie ahead of us, not behind us," Quinn said just a week after losing to the public advocate by nearly 25 points, according to unofficial results.

In her endorsement, Quinn said the city needs a mayor to fight for good jobs, affordable housing and improving public schools.

Touting their decades-long "friendship" and noting she "has so much to be proud of," de Blasio thanked Quinn for her support and service in

the City Council.

"Some people I'm sure were hoping the Democratic party would not be unified," de Blasio said, grinning as he added a sarcastic apology to such doubters.

The new allies suggested the primary campaign — in which they regularly slammed each other — was behind them.

"Campaigns are, you know, at their essence, about drawing contrast between yourself and your opponent," Quinn said, noting she trusted de Blasio, even though she said the opposite a few weeks ago.

De Blasio pointed out that they had a “long history” of working together and that people are always going to have differences.

## Trust

**“We need a Democrat.”**

Christine Quinn

"I respect Christine Quinn for being a fierce competitor," he said. "When she's out on the playing field, she plays hard, and I say 'Amen.' Everyone should play hard when they're a candidate."

Quinn added that she would stump for de Blasio as much as his campaign wanted.

"We are very, very grateful to get that help," de Blasio replied.

ANNA SANDERS

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### Third place

Quinn came in third on Primary Day with a little under 16 percent.

- Asked later if her defeat was an indication that New Yorkers are not ready for a woman to

lead the city, Quinn vehemently disagreed.

- “There will be an amazing day where history gets made in this city and it will raise all of us higher.” she said.



DICK BRENNAN

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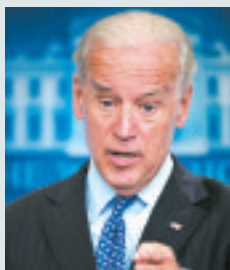


Caroline Biden

## Joe Biden's niece arrested

One of Vice President Joe Biden's nieces, Caroline Biden, was taken into police custody in New York City yesterday morning.

Cops were called to her Desbrosses Street apartment in Tribeca about 7:58 a.m. yesterday morning because of



Vice President Joe Biden.  
GETTY IMAGES

an argument with her roommate, police said. Police said the argument was relatively low-key until a female cop stepped between Biden, 26, and her roommate, and Biden took a swing at the cop.

A police source said she was "highly uncooperative" when she was taken into custody and refused to

speak with police at the First Precinct. She was later arrested and formally charged with obstructing government administration, resisting arrest and harassment. Police said she will have a court date in about a month.

Police believe the fight had to do with Biden not paying rent.

DANIELLE TCHOLAKIAN



George Pataki gives Joe Lhota the support of a popular moderate Republican. / METRO PHOTO ARCHIVE

## Joe Lhota endorsed by Pataki, Skelos

### General election.

Joe Lhota and Bill de Blasio are already gearing up to face off in the city's general election.

but he keeps them together to get the job done," said Pataki.

Current Gov. Andrew Cuomo stood with Bill Thompson and Bill de Blasio on Monday, as Thompson conceded the Democratic nomination to de Blasio.

Thompson is technically still a candidate, however, until the Board of Elections has finished recanvassing all votes.

Lhota praised his endorsers in turn as "great New York leaders."

"Gov. Pataki and Majority Leader Skelos are true examples of sensible and responsible governing that resonates with all New Yorkers," Lhota said.



DANIELLE TCHOLAKIAN  
danielle.tcholakian@metro.us

Former Gov. George Pataki and Senate Majority Leader Dean Skelos endorsed Joe Lhota for mayor yesterday.

The two Republicans are well-known for their "crossover" appeal to conservative Democrats and independents, a voting bloc that is crucial for a Republican candidate in New York City.

"Throughout his career in public service Joe Lhota has been the kind of leader who not only brings people together,

### Struggle to stay ahead

Lhota met with DC 37 Tuesday morning, one of the city's largest and most powerful unions.

- DC 37 officially endorsed Bill de Blasio just a few

hours later.

- A new poll from the Wall Street Journal, NBC and Marist Tuesday had de Blasio beating Lhota 65 percent to 22 percent.

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## Details emerge

## Rhode Island police warned Navy about Aaron Alexis 'hearing voices'

Rhode Island police warned the Navy last month that Aaron Alexis had reported "hearing voices," while yesterday the U.S. government said it will review security worldwide at military bases.

A Newport, R.I., police report said Alexis complained on Aug. 7 about "hearing voices" and people sending "vibrations to his body" that prevented him from sleeping.

The Newport police added that Naval police said they would "follow up on this subject and determine if he is in fact a naval base contractor."



A U.S. Marine guards the entrance of a garage building opposite the Navy Yard yesterday. / GETTY IMAGES

# Authorities question vetting of gunman

**Entry given.** Police shot Alexis after he started picking off victims from a fourth-floor atrium.

Stunned Washington authorities questioned yesterday how a U.S. military veteran with a record of brushes with the law could get clearance to enter a Navy base where he killed 12 people before police shot him dead.

Aaron Alexis entered the Washington Navy Yard on Monday morning and opened fire, spreading panic at the base just a mile and a half from the U.S. Capitol.

Investigators are searching for a motive. Alexis had been given clearance to enter the base on the bank of the Anacostia River, despite

two gun-related brushes with the law and a discharge from the Navy Reserve in 2011 after a series of misconduct issues.

He said automatic U.S. budget cuts known as sequestration could have led to skimping on vetting that would have barred Alexis from the heavily guarded base.

REUTERS

## Quoted

**"It really is hard to believe that someone with a record as checkered as this man could conceivably get ... credentials to be able to get on the base."**

Washington Mayor Vincent Gray told CNN

## Congressman

## Yearlong audit of US Navy security showed flaws

A yearlong probe into a system for clearing vendors and similar support personnel onto U.S. Navy bases found significant security lapses that gave 52 convicted felons routine access to Navy facilities, the Defense Department inspector general said yesterday.

In an effort to cut costs, Navy officials failed to properly vet contractor employees through mandatory nationwide crime and terrorist databases, the report said. It said the unauthorized access had increased the security risk.

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# Poverty rate flat, number of people uninsured dips

**Health care.** The uninsured rate for people ages 19 to 25 fell to 27.2 percent.

The percentage of Americans living in poverty remained steady last year at 15 percent after rising for several years in the wake of the recession, while the number of people without health insurance fell slightly to 48 million, U.S. government data released yesterday showed.

The Census Bureau in its annual report said about 46.5 million Americans were living in poverty last year, little changed from 46.2 million in 2011. The 2012 median U.S. income was \$51,017, also

statistically unchanged from the previous year.

The share of Americans without health insurance coverage — another key indicator economic of well-being — was 15.4 percent in 2012 compared with 15.7 percent in 2011.

About 48 million people were uninsured in 2012 compared with 48.6 million in 2011, a change the Census Bureau described as statistically insignificant. The number of people with health insurance increased to 263.2 million in 2012 from 260.2 million in 2011.

It was the second year in a row in which the rate of uninsured people has declined since President Barack Obama's Affordable Care Act was passed in 2010.

Brett O'Hara, chief of health and disability statistics of the Census Bureau, said much of the decline in the uninsured in 2012 was due to an increase in enrollment in Medicare plans as the population aged and people become eligible for the government health insurance program for older Americans. **REUTERS**

## Getting insured

# 9M

About 9 million people are seen gaining insurance through the expansion of the Medicaid program for the poor in 2014, now planned in about half of U.S. states. Another 7 million people are expected to buy insurance in 2014 on subsidized, state-based public exchanges set up under the law.

## Nominated

### Fugitive Snowden in running for Euro rights prize

Fugitive U.S. intelligence analyst Edward Snowden is in the running for a European human rights prize whose past winners include Nelson Mandela

and Myanmar opposition leader Aung San Suu Kyi.

Snowden is one of seven nominations made by members of the European Parliament for the Sakharov Prize for freedom of thought, a move likely to upset Washington, which wants to try him on espionage

charges.

Snowden was nominated by the Greens in the European Parliament who said he had done an "enormous service" for human rights and European citizens by disclosing secret U.S. Internet and telephone surveillance programs. **REUTERS**



GETTY IMAGES

### Versace's former mansion in sells for \$41.5M

One of America's landmark homes, the Miami Beach mansion that once belonged to Italian fashion designer Gianni Versace, was sold at an auction yesterday for \$41.5 million to a business group that includes the owners of the Jordache jeans brand. The 1930s-era Mediterranean-style estate, which has 10 bedrooms, 11 bathrooms and a pool inlaid with 24-karat gold, was auctioned off as part of a bankruptcy proceeding by its current owner, telecom magnate Peter Loftin. **REUTERS**



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**Quoted**

"I think those who have a terminal illness and are in great pain should have the right to choose to end their lives, and those who help them should be free from prosecution." Hawking

Hawking, who has made guest appearances in TV shows such as "The Simpsons" and "Star Trek," says his active mind and sense of humor are key to his survival. / GETTY IMAGES

## British cosmologist Hawking backs right to assisted suicide

**Death with dignity.** It is illegal in Britain, and the issue of whether to decriminalize it is a matter of debate.

British cosmologist Stephen Hawking says he backs the right for people who are terminally ill to end their lives and to receive help to do so as long as safeguards are in place.

The wheelchair-bound Hawking was diagnosed with motor neurone disease at age 21 and was told he had two or three years to live. Now 71, he is one of the world's leading scientists, known especially

for his work on black holes and as author of the international best-seller "A Brief History of Time."

Speaking ahead of the release of a documentary about his life this week, Hawking said he backed the right to die but only if the person involved had chosen that route.

He recalled how he was once put on a life support machine after suffering pneumonia and his wife was given the option of switching off the machine but this is not something he wanted.

"There must be safeguards that the person concerned genuinely wants to end their life and are not being pressurized into it or have it done without their knowledge and consent as

would have been the case with me."

Right-to-die advocates say people capable of making that decision should be allowed to die with dignity. Opponents say liberalizing the law could leave vulnerable people at risk.

Hawking communicates via a cheek muscle linked to a sensor and computerized voice system.

REUTERS

**Legal**

**Switzerland and several U.S. states are among places where some forms of euthanasia or assisted suicide are legal under certain circumstances.**

**'Ultimate terrorist'**

### English fashion designer calls Obama a creep

English fashion designer Vivienne Westwood called Americans "the ultimate terrorists" this week, adding that America is the "scourge of the Earth" and calling President Barack Obama a creep.

Westwood's comments were made during an interview with Metro after her show at Lon-

don's Fashion Week.

When asked what her views were on the conflict in Syria, Westwood blamed America.

"[The U.S. has] the greatest war machine in the world; they do what they want. If they tell us there are all these terrorists, we believe them. They don't stop and think, 'Well maybe we're the worst terrorists — don't do that.' They've got nothing to give us and they are so destruc-

tive. Westwood went on to criticize Obama:

"Obama's a creep; American presidents are ineffective," she said. "The whole structure doesn't allow them to do very much."

When asked if she was anti-American, Westwood said "absolutely."

"They're the scourge of the Earth. ... Journalists are now saying that they are the ultimate terrorists." METRO



# Entrepreneur starts version of Harvard, but it's tuition-free

**Minerva.** Courses will be seminar-oriented, focusing on higher level skills.

Minerva Schools at Keck Graduate Institute doesn't yet have accreditation, a campus or even a full faculty roster, but it is offering something even Harvard can't — four years of free tuition for its first matriculating class.

The San Francisco-based Minerva Project, an ambitious effort to remake the higher education model, announced its tuition plan yesterday in hopes of attracting some of the world's most talented and academically competitive students for the class that will enroll in the fall of 2014.

Although many details of the new school are still to be ironed out, students in subsequent years will pay tuition of \$10,000 a year along with about \$19,000 annually for room and board — still well below the cost of many other top U.S. universities that can run upward of \$50,000 and \$60,000 a year.

"Not only are we looking at students who are intellectually brilliant, we are looking for students who have a deep intellectual thought, deep integrative thought, worldliness, excitement about seeing the world and maturity," said Minerva founder Ben Nelson, who ran photo service Snapfish until he sold it to Hewlett-Packard in 2005.

"We're asking a lot of them," he said about the first class of students. "We're asking them not

## Quoted

**"Anything that can be delivered in a lecture, we don't think it's particularly moral of us to charge money for."** Nelson

only to be the first students at Minerva, but to help us shape it."

That will include providing constant feedback, he said in an interview, adding the first class would have between 15 and 19 students. To recruit, Minerva is working with guidance counselors and high school principals around the world, Nelson said, and several thousand inquiries, from 99 countries, have come in via its website.

REUTERS

## Middle Ages contest

### Mug-mangling championship

It's that time again. The Egremont Crab Fair in Cumbria, England, takes place this Saturday, with the World Gurning Championships, in which people compete for who can pull the most disgusting face, as the main attraction. This continues a tradition dating back to the Middle Ages, says organizer Steve Foster.

**What are the best techniques for bending one's face out of shape?** People with false teeth take them out and wrap their lips over their nose.

It helps if you can do a really severe squint, too. But there are as many techniques as there are competitors. Some do a "static gurn." Others are animated or maniacal. Some move and sway with the expression.

**Brilliant. How did this**

### get started?

This has been lost in the mists of time, but it has been around for as long as anyone can remember. We have explored historic archives and believe it existed 400 years ago under the title "Grinning Tobacco." **KIERON MONKS, METRO WORLD NEWS**



Gurning is the top attraction at Egremont Crab Fair. / R C WAINWRIGHT, ARPS

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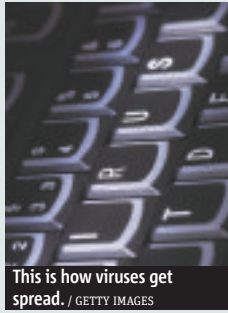




## Net pain

## Hacker group found in China, linked to big cyber attacks

Computer security experts have discovered a group of highly sophisticated computer hackers operating for hire, a U.S. computer security firm said yesterday, and it linked the group to some



This is how viruses get spread. / GETTY IMAGES

of the best-known cyber espionage attacks out of China in recent years.

Symantec Corp. said the hacker group, which it dubbed "Hidden Lynx," was among the most technically advanced of several dozen groups believed to be running cyber espionage operations out of China. Unlike a previous report by another company, Syman-

tec did not allege Chinese government involvement in the cyber attacks.

Symantec's 28-page report said its researchers believe the Hidden Lynx group may have been involved with the 2009 Operation Aurora attacks, the most well-known cyber espionage campaign uncovered to date against U.S. companies. **REUTERS**

## Winklevoss twins. Bitcoin could become a country's currency

Cameron and Tyler Winklevoss, currently making headlines with plans to launch a Bitcoin fund, said yesterday that they could see the digital currency becoming a country's official money.

"The next step for Bitcoin is potentially becoming the currency of a country," Tyler Winklevoss said.

The twin brothers, famous for their history with Facebook Inc., were speaking at the ninth annual Value Investing Congress in New York.

Bitcoin, touted by some experts as the future of money, gained in prominence during Europe's financial crisis as more people questioned the safety of holding their cash in the bank.

"With Bitcoin, there are no bail-ins like in Cyprus," Tyler Winklevoss said. The brothers added that they expect to see a financial implosion in Cyprus in the

## Stock and trade

Speaking less than three months after filing plans to launch Winklevoss Bitcoin Trust — an exchange traded fund that would allow investors to trade the digital currency like stocks — the brothers laid out a primer on Bitcoin and spoke about what might be next for the currency.

next year or two, and said that was one reason to use Bitcoin. In bail-ins, some of the debt owed to creditors, including bondholders, is written off.

The brothers, Olympic rowers who earned MBA degrees from Oxford University, laid out what they believe to be the benefits of the digital currency, saying sending money abroad would be easier and cheaper, and it would make giving charitable donations easier. **REUTERS**

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## Today's winner

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### 'NYC pigeons say "fuggedaboutit"'

Mike Caulfield, New York

Category: Sight

## Glitch in the Net

### Iran ends social media access

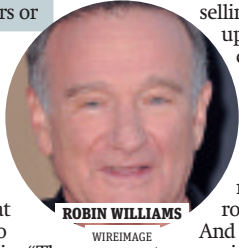
Iranians had a few hours to access Facebook and Twitter before a Web firewall went back up yesterday and Tehran scotched talk of new Internet freedoms by blaming a technical glitch for the brief opening of access.

Late on Monday, several people in Iran found they could log in to their accounts on the U.S.-based social media sites without using techniques to circumvent blocks on Facebook and Twitter that the Iranian government imposed four years ago, during a clampdown on protests. **REUTERS**

## Robin Williams returned to TV because he's broke

It's a sign of the times that so many movie stars quietly return to television after a few years or decades. Most will claim it's because TV is so creatively vibrant now, or whatever.

Not Robin Williams: He'll admit that he signed on to his new TV series "The Crazy Ones" for the dough. "The idea of having a steady job is appealing," Williams told Parade. "I have two [other] choices: Go on the road doing stand-up, or do small, independent movies working almost for scale [minimum



ROBIN WILLIAMS  
WIREIMAGE

union pay]. There are bills to pay. My life has downsized, in a good way. I'm selling the ranch up in Napa. I just can't afford it anymore."

Most movie stars don't like to admit they're not high-rollers anymore. And Williams has two ex-wives, which he admits takes a big bite out of his income. "Divorce is expensive. I used to joke they were going to call it 'all the money,' but they changed it to 'alimony.' It's ripping your heart out through your wallet."

*Metro/Melinda Taub*

## THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON  
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Say hello to the world, Axl Jack Duhamel. / FACEBOOK

## The Duhamels make Axl Jack official on Facebook

It looks like Josh and Fergie Duhamel won't be selling pictures of their new baby Axl Jack to the tabloids. The couple decided to act like normals and post a photo each of their newborn on Facebook, just like the rest of the world — and thereby starting a trend of annoying their friends with endless oversharing of baby photos on Facebook.

"Axl Jack Duhamel

Day 1. Life is good. #paparazziyoucanleaveourhousenow," Duhamel posted on Facebook next to a shot of his baby.

Meanwhile, Mama Fergie posted one of Axl getting his hearing test. "Axl Jack Duhamel. Day 2 of life. Hearing test complete. All systems go," she wrote next to her Facebook pic.

Axl Jack Duhamel was born Aug. 29 and weighed in at 7 pounds, 10 ounces.

## Hemsworth: 'Embarrassed, disgusted and mortified' by Cyrus

The Month of Miley continues, this time because the singer and Liam Hemsworth have called off their engagement and ended their relationship. Miley's rep (finally) confirms.

Rumors that their breakup was impending have come in waves for months now — the bride-to-be was frequently spotted without her engagement ring, and they were rarely in the same place at the same time. But the rumors have been even more frequent

since Miley's much-discussed performance at the VMAs. And apparently it was because of this that the relationship reached its final conclusion.

"Miley and Liam were already pretty much broken up at that point, but when he saw her performance and the backlash it created, it was the nail in the coffin," a source told Radar. "He was embarrassed, disgusted and mortified by her performance."

Whoa. Tell us how you really feel, Liam.



LIAM HEMSWORTH  
WIREIMAGE

### Talking point

## Wahlberg is a high school graduate

At 42, Mark Wahlberg is finally a high school graduate. The actor — who dropped out in the ninth grade — revealed the milestone in an op-ed piece for the Huffington Post, writing, "I was fortunate to find out I could attend high school online. For almost a year, I've been taking classes and studying any chance I could get — on the set, traveling for work and at home. It has been both humbling and challenging, but I'm happy to report that I am officially a high school graduate."

# 2

## CULTURE

### Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Niall Horan is strumming, Whitney Cummings has very strict rules and Olivia Wilde is enjoying local customs.

@NiallOfficial: I like playing the guitar a good bit!

@WhitneyCummings: If you follow more than 200 people on Instagram you have no boundaries and your boss hates you

@oliviawilde: I've been in Portland 1 hour and have already built a wooden iPhone case and eaten a bowl of tahini. What could possibly be next?



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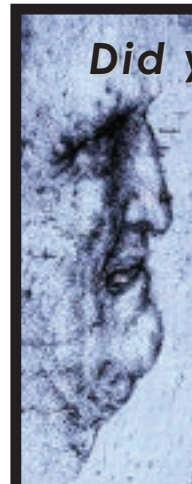
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# 'Hugh Jackman deserves an Oscar'



Hugh Jackman plays a father out for vengeance in "Prisoners." / GETTY IMAGES

## The stars have it.

Hugh Jackman talks about his intense performance in the thriller "Prisoners."

Hugh Jackman says his new film "Prisoners" is more than just an ambitious thriller. Morals come into it.

He says the film "actually makes you contemplate the themes for days after, on many levels."

Jackman plays a father who takes to vigilante justice after his child has been abducted.

Directed by Denis Villeneuve (of the Oscar-nominated "Incendies"), it raises the question of whether Jackman's character goes beyond the pale to get his daughter back or, alternatively, if he does enough.

"I can't make up the mind of audiences," he says. "I'm thrilled that Denis and Aaron [Guzikowski] wrote a script that forces that moral ambiguity. I think the film's power exists in that."

"I'll tell you a little story about watching the film for the first time with my wife, who was holding my hand. I literally had nail markings in my hand as she gripped me and then there were certain parts where she

## Everyday problems

### Prepare to get uncomfortable in your seats

Jackman's performance anchors "Prisoners," which is unrelenting in its approach to telling the story.

"[The movie] is uncomfortable," says Jackman, "You think, 'OK, we're going down this path with this guy and yeah, let's enact some rightful justice.' Then all of a sudden you feel uncomfortable and what that forces you to do is question, if you went

along with him, why you so easily went with that way of thinking. It questions what you would do in that situation, and that's where the film's power lies."

Jackman says the film fills a need that something like "The Wolverine," his earlier release of 2013, might not.

"Somehow, as humans, we also need to touch on real elemental fears that we push down every day of our lives," he says, "and collectively delve into and discuss it and feel."

## Quoted

**"If you're asking me if Hugh Jackman deserves an Oscar," said Jake Gyllenhaal, "the answer to that question is absolutely yes."**

Jake Gyllenhaal

removed her hand from mine and I thought, 'Oh, maybe I'm not sleeping in the marital bed tonight.'"

Jackman delivers a powerful, primal performance of a man on the brink. It's work that drew praise from his co-stars.

"If you're asking me if Hugh Jackman deserves an Oscar," posits co-star

Jake Gyllenhaal, "the answer to that question is absolutely yes."

Co-star Terrence Howard also has a few positive things to say about Jackman, calling him "a sweet man." But then he adds that watching the actor's courage come through in the violent scenes was like "witnessing a man channeling all of this frustration," not acting.

Howard then adds, "he deserves an Oscar."

You read it here, nominating committee! Hugh Jackman, get ready to begin writing your acceptance speech.

**RICHARD CROUSE**

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# DANIEL BRUHL

The actor has big supporting roles in two major films this season, including "Rush."

## THE SCENE-STEALER

Daniel Bruhl is having a busy year. He quite handily steals two major premieres from high-profile co-stars in "The Fifth Estate" and "Rush." Both films appear to be about someone else — WikiLeaks founder Julian Assange (Benedict Cumberbatch) and late Formula 1 driver James Hunt (Chris Hemsworth) — but are really about Bruhl's characters: Assange fan-turned-partner Daniel Domscheit-Berg and disfigured racing legend Niki Lauda. Bruhl tells us more.

**The two films have a lot in common:** "There are some parallels between the films, because I'm playing two real characters," Bruhl explains. "It's also interesting, the structure of the movies, because you don't have a hero and a villain at the end, but you have empathy for both of them. It's quite interesting to see. And then, of course, my roots help me because both of these characters are quite focused and German in a way: correct and reasonable and so on."

**One thing led to the other:** "It's partly luck," he says. "I have to say that Ron [Howard] helped me a lot and supported me after making 'Rush' and helped me get into the next movie. Because of — I don't know — good work, I suppose, in 'Rush,' I was given the chance."

**He's part of a bigger trend:** "In general, this change started a couple of years ago that we Germans or European actors get the real chance to play these great parts in American movies,"

Bruhl says. "This is an interesting change, and I hope it's going to go on. It's a very positive trend, I think."

**Playing real, living people can be an odd experience:** "It was very strange to see 'Rush' in London the other day with [Lauda]," he says. "I mean, I watched him watching the movie. I got goose bumps sometimes because everything around the accident is so intense. It was strange to see that with Niki in the same theater."

**Despite doing a film on it already, he thinks the story of WikiLeaks is just beginning:** "It's a subject, I think, that will be important for a long time, and we're just at the beginning of it," he says. "All of us, we citizens, have to learn a lot of things — how we deal with gathering information — but also governments have to learn how to deal with it, and corporations. I think we're drowning right now in information. This is a problem for everyone."

### Bonus thought

**On the amount of information available online and how information is gathered:** "It is exaggerated and it's wrong. I don't know how to channel that or how to filter that, but that has to happen, because otherwise we will have huge conflicts in the future."



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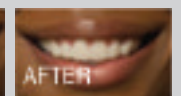
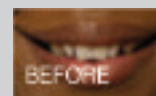
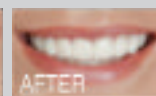
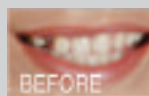
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This man looks like a survivor. / MONTY BRINTON, CBS

## REALITY

### 'Survivor: Blood Vs. Water'

In a new twist on a tired formula, this season pits returning contestants against loved ones. We wonder who's going to win — a grizzled old island vet who knows what it's like to drink his own urine... or his mom? **SEASON**

**PREMIERE, 8 P.M., CBS**

## NATURE

### 'Earthflight: A Nature Special Presentation'

This special documents the flight of cranes and geese over Venice, Rome and Holland, among other international locales. That's a whole lot of people dodging international bird poop.

**8 P.M., PBS**

## REALITY

### 'Toddlers & Tiaras'

Tonight, the tiny, prepubescent beauty queens compete in a "My Pet and Me" pageant somewhere in Tennessee. Great, so now these people are committing both child and animal abuse in the name of competition. **8 P.M., TLC**

**ALEXANDRA CAVALLO**

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Source: Henniken, Schleicher, Feighery and Fortmann, Pediatrics: The Official Journal of the American Academy of Pediatrics, July 19, 2010. DOI: 10.1542/peds.2009.3021

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# Full-volume



**Punk rock.** Keith Morris talks the accidental FLAG, litigation and playing loud after all these years.

When a music publicist cautions you against asking a band about ongoing litigation, a reporter will generally respect this request — at least until the last question. That way, it doesn't matter if the musician hangs up. But with FLAG vocalist Keith Morris, we did not have to wait. He brought it up first.

"We're going through this legal thing now, and we're all just at each other's throats," says Morris, who also fronts the Circle Jerks and OFF! "It's become really ridiculous."

The "legal thing" in question is a lawsuit filed by founding Black Flag gui-

"These songs mean a lot to us. We've lived these songs," says FLAG vocalist Keith Morris about playing Black Flag songs. "We went out and we took the abuse." / GETTY IMAGES

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## On playing Irving Plaza

"That's a bitchin' room. I love that room. I could lodge several complaints, but nobody wants to hear a whiner." Morris

tarist Greg Ginn against the members of FLAG (Morris, Chuck Dukowski, Dez Cadena, Bill Stevenson and Stephen Egerton) and former Black Flag vocalist Henry Rollins over the use of the name Black Flag (and its FLAG variation) and the band's iconic logo. Morris calls the lawsuit a distraction.

"We're not Black Flag. We never said we're Black Flag, and that's part of the lawsuit," he says. "All we want to do is play music and get on with our lives. ... I need to get out of Los Angeles. I need some full-volume therapy. I need to go out and scream at a few people."

Founded by Ginn in 1976, Black Flag mixed

punk, heavy metal and, eventually, jazz with a healthy dose of angst to become one of the most influential hard-core punk bands of its era before disbanding in 1986.

All the members of FLAG, save guitarist Egerton, were members of Black Flag at various points. They hadn't played Black Flag material together until playing a concert in Los Angeles' MacArthur Park in 2011. What began as a one-off performance quickly turned into something more permanent.

"This wasn't some premeditated thing where all of us just got into the room and said, 'Hey guys, what are we gonna do?'"

## If you go

### FLAG

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says Morris.

FLAG's set list features Morris-sung classics like "Nervous Breakdown," "Wasted" and "Fix Me." Cadena takes the mic during the second set to shout the likes of "Louie Louie" and "Six Pack."

"We're older guys. We're not really supposed to be able to muster up the energy to be doing this," Morris says. "These songs mean a lot to us. We've lived these songs. We might not have necessarily written these songs, but we played those songs. We went out and we took the abuse."



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# A new play festival takes over West Village theaters



**Hill Town.** Five plays are staged simultaneously to explore one theme.

David Van Asselt, artistic director of Rattlestick Playwrights Theater, wanted to put together a West Village event for a long time. But it wasn't until playwright Lucy Thurber was finishing her five-play cycle, *The Hill Town Plays*, that he had a catalyst for doing so. He felt "the whole would be greater than the sum of the parts" if all five plays were up at the same time. So, he waited two years until Cherry Lane Theatre (Mainstage and Studio), Axis Theatre and New Ohio Theatre

## If you go

### Theater Village Festival

**The Hill Town Plays Through Sept. 28**  
**Various West Village locations,**  
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were all available to join Rattlestick, and the Theater Village Festival, which may or may not become an annual tradition, was born.

Thurber thinks the resulting playgoers' experience — five thematically related dramas playing within the same time span — is epic. All deal with

"a girl, who happens to be gay, coming out of the world of the rural poor." The plays, Thurber says, are part autobiography and part pure fiction.

Among other things, they "examine the fact and effect of violence in that culture." Violence features prominently on-stage. Chairs are thrown against walls and punches against teeth with alarming frequency. Thurber says she actually toned down the violence from her own life experience. She notes the urban poor share the same sorts of pressures. Fueled by drugs and alcohol, people lose track of themselves. And if you don't own anything or feel you have a real chance of justice,



This is a scene from "Killers and Other Family," playing at Axis Theatre. / SANDRA COUDERT

"hitting somebody, defending perceived pride and honor, gives you the sense you exist in the world."

**MICHAEL BRACKEN**  
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## Violent inspiration

"Hitting somebody, defending perceived pride and honor, gives you the sense that you exist in the world."

Thurber

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### Cheapest

**\$175K**

The least expensive property this week is a co-op at 135 W. 115th St. Marketed by Douglas Elliman, this one-bedroom offers high ceilings and hardwood floors, an eat-in kitchen with stainless appliances, an in-unit washer and dryer, plus walk-in closets.

**Streeteasy.com** is a New York-based real estate portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.





# Cozy up your home for fall

The cool September breeze coming through your window and blowing your sheer curtains around is a reminder that it's time to officially put away the candy-colored pillows and light bedspread. Prep your place for cooler temps with these autumn-approved furnishings. **TINA CHADHA**

## Products

**1** Swap out bright, sunny pillows for some plush jewel-toned ones to match your permanent glass of cabernet. **H&M pillows, \$12.95 each, [www.hm.com](http://www.hm.com)**

**2** You'll be spending many a night on the couch. A textured throw will be your snuggle buddy. **BoConcept mixed striped throw, \$59, [www.boconcept.com](http://www.boconcept.com)**

**3** We know that you plan to do a lot of reading (and hosting) in the cold months. **Ikea Strandon wing chair, \$279, [www.ikea.com](http://www.ikea.com)**

**4** Another way to bring fall into your home is with metallic hues. **Crate**

**and Barrel Melrose buffed lamp, \$143.20, Cleo table lamp, \$255.20, [www.crateandbarrel.com](http://www.crateandbarrel.com)**

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**6** No fireplace? Candles add a warm glow to any room. Diptyque's new Noisetier boasts a woody autumn scent. **\$60, [www.diptyqueparis.com](http://www.diptyqueparis.com)**



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# Sizing up Scott Stringer



## Industry ties.

What will a new comptroller mean for NYC real estate?

Manhattan Borough President Scott Stringer bested Eliot Spitzer in the race for New York City comptroller. But while Spitzer — the scion of a real estate family with a roughly \$1 billion portfolio — has close ties to the industry, there is more uncertainty about what Stringer's win will mean for key issues such as development, rezoning and property taxes. "The comptroller can have a significant impact on real estate development by being a watchdog," said John Liu, who is in the comptroller's chair until the end of the year. "Scott would bring a level of pragmatism

to the role."

Though a comptroller isn't involved in real estate decisions the way a borough president — whose recommendations carry tremendous influence over the city's land review process — would be, Liu said that as real estate contributes such a vast amount to the city's coffers, the city's de facto chief financial officer plays an important role in the industry's fate.

One of the key issues Stringer could impact would be real estate taxes, said Bob Knakal, the chairman of Massey Knakal Realty Services, through his oversight of the city's five pension funds that collectively hold about \$140 billion dollars, and his role as the city's chief auditor.

"Stringer's TV ads said he would audit 'every' city agency," Knakal said. "If

so, he will be a busy guy based upon all the waste, fraud and abuse that exists. To the extent he can weed those things out, we may not need to dramatically increase real estate taxes to get additional needed revenue. If he can't, taxes are going to skyrocket."

Stringer declined to comment for this story. But the borough president's stance on Madison Square Garden's permit and the campus expansions of Columbia University and New York University show his willingness to adapt and bring people to a consensus, a member of the Stringer campaign told us.

Stringer's background on development projects is mixed. In March, he called for a 10-year limit on Madison Square Garden's permit above Penn Station, citing the need to make room



NY Comptroller Scott M. Stringer will play an important role in the real estate industry's fate according to Liu. / GETTY IMAGES

## Quoted

"The comptroller can have a significant impact on real estate development by being a watchdog. Scott would bring a level of pragmatism to the role."

John Liu

York Times last year that the plan "didn't meet the standard to becoming a part of the community."

"They have to coexist with that community, not overwhelm it," Stringer said.

In January 2012, Stringer expressed opposition to Mayor Michael Bloomberg's plan to sell three Lower Manhattan commercial buildings, saying the buildings should be used for schools and affordable housing units instead.

Therealdeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

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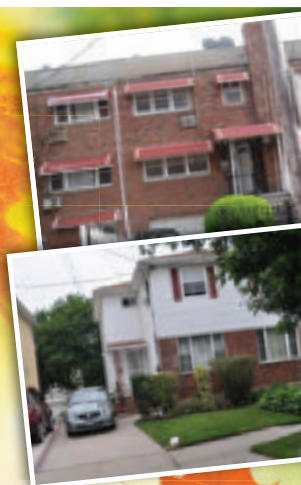
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# Vornado plans 300-unit Queens building over mall

**Real estate.** The REIT's filed plans for the SLCE-designed tower.

Vornado Realty Trust has filed plans with the Department of Buildings for a 314-unit residential building above its Rego Park shopping mall in Queens. The 24-story, 287,113-square-foot building addition, which sources said would be a rental complex, is set to be designed by SLCE Architects, the filings show.

The Rego Park rental units will be added atop an existing shopping center at 61-35 Junction Blvd., just off the Long Island Expressway. The 610,000-square-foot center, known as Rego Park II, is anchored by a 145,000-square-foot Costco, a 135,000-square-foot Century 21 clothing store and a 133,000-square-foot Kohl's, according to a Vornado regulatory filing.

The proposed development will cost between \$100 million and \$120 million, Vornado project-

ed in a regulatory filing late last year, when it initially informed investors of the provisional plan for the project. Vornado is building the project on behalf of a subsidiary, the real estate investment trust Alexander's.

A Vornado spokesman declined to comment on the DOB filing.

The Rego Park mall, constructed by Vornado, opened in 2010. SLCE's recent projects include a 66-unit Tribeca condominium conversion at 101 Leonard St. and a 229-unit development at 50 N. 5th St. in Williamsburg.

KATHERINE CLARKE

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

**THE REAL DEAL**

## Celeb. Superstar DJ Tiesto has his eye on Downtown penthouses

Tiesto, reportedly the world's second highest paid electronic DJ, is scouting out pricey Manhattan apartments.

The Dutch dance and trance music guru, whose real name is Tijs Michiel Verwest, recently toured Downtown penthouses with Gordon von Broock of the Corcoran Group, the broker said.

The pair checked out a three-bedroom co-op at 16 Hudson St. in Tribeca and a three-bedroom co-op at 684 Broadway in Noho, von Broock said.

The 3,000-square-foot Hudson Street unit overlooks Duane Park. It comes with a second bedroom and home office, both of which are hidden behind a secret bookcase, according to the listing by Amanda Sawyer and Noble Black, of Corcoran. The home is on the market for \$10 million.

The Broadway pent-



DJ Tiesto might be a New York resident soon. / GETTY IMAGES

house, on the corner of Great Jones Street, has a private roof garden and an outdoor shower. It's asking \$7.65 million, and is listed by Bernice Leventhal and Sarah Thompson, also of Corcoran.

KATHERINE CLARKE/  
THE REAL DEAL

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# London Fashion Week

## MONDAY

### 12:16 p.m. Marios Schwab

For his show, "Contours," Marios Schwab looked to the technique of air-brushing for his spring inspiration. The first look expressed this best — a white tight dress with wishy-washed indigo blue stripes. Contouring is Schwab's forte, best shown through dresses that were wrapped around the body and fastened with oversized bronze staples. They counterbalanced the feminine cut of the dresses by adding some edge. Schwab explored a more traditional femininity, too, with full-length embellished gowns in lace, beading and Swarovski crystals. However, it was his denim pieces that made the biggest impression. **CHLOE MAC DONNELL**



MARIOS SCHWAB / GETTY IMAGES

an hour or so later, it's announced that the boys are the next to collaborate with Target. While we don't see it possible to produce anything near to this level commercially, we can't wait to see what they deliver.

ALICE TATE

### 5:35 p.m. Osman

It's coming to the end of the day and the show-goers are becoming testy like toddlers. The holistic, zen-like state that Osman Yousefzada has created in his modern-day incarnation of Indian palaces is the first check of the day

PETER PILOTTO  
GETTY IMAGES

for the former banker-turned-fashion designer from Birmingham. In fact, everybody seems to love Osman — celebs like Beyonce, Kristen Stewart and Amber Heard have all fallen for his architectural cuts and clean lines. Anyway, to the clothes: Out come intricately embroidered tank tops and asymmetric hemlines on skirts and dresses, plus perfectly tailored high-waisted cropped trousers, mostly in white, navy and duck-egg blue. There's bold color, too, with tangerine oranges, African-inspired acacia tree sunsets and dresses adorned with gold and silver cross-like constellations. It's majestic.

RICHARD PECKETT

OSMAN  
YUSEFZADA  
GETTY IMAGES

## The pastel parade



Christopher Bailey gave soft shades of mint, rose and lavender a subversive edge with sexy transparency and curve-skimming cuts at this Burberry Prorsum show. **METRO**

### 4:35 p.m. Peter Pilotto

Citing the drawings of L.A.-based artist Ken Price as their inspiration, Peter Pilotto and Christopher De Vos sent out a collection where textures contrast, colors clash and

there's just a lot going on. Take the turquoise opening look for example: Cara Delevingne wore a boyish paneled cropped jacket with a lacy A-line dress. Yet it's the crisp white shirt that peeked out from underneath a large handful of the looks that melded everything perfectly together. After the cinematic show, the audience offered a deafening applause, and

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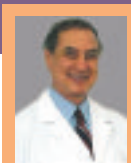
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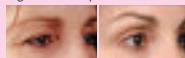
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### Games

## Welcome to Los Santos

"Grand Theft Auto V" promises to take the franchise to a new level. It takes place in a fictional city called Los Santos (a satirical version of L.A.). With more than 100 hours of game play, this might be the most ambitious game in the franchise.

Instead of playing one character, "GTA V" allows the player to experience the GTA universe through the eyes of three protagonists with fully fleshed-out stories.

An online component, set to be released as an update on Oct. 1, will allow gamers to go on organized heists with their friends.

With all these features, it's no surprise that "GTA V" has been rumored to be the most expensive video game ever made, with a budget of \$265 million.

MICHELLE CASTILLO

# AUTUMN'S HERE — STAY INSIDE AND PLAY

Do you hear that? It's the gentle rustling of leaves — leaves preparing to change color and fall to the ground. You know what that means: We have more of an excuse to stay inside and play video games! Fall brings out the big guns and, well, here they are.

## 'Super Mario 3-D World'

**Company:** Nintendo  
**System:** Wii U  
**Release:** Nov. 22

It's the holiday season, so it's time for Nintendo to unveil another adventure featuring its mascot plumber. "Super Mario 3-D World" is the first multi-player 3-D platformer the company has ever made. Think "Super Mario 64" but with four people duking it out at the same time. I had a chance to play this last month, and it certainly put a smile on this jaded old gamer's face. Also look out for a

### Sidescroller

## LAWRENCE BONK

LAWRENCE.BONK@METRO.US



new Zelda game for the portable 3DS, releasing the same day.

Isn't that a paradox?

## Xbox One

**Company:** Microsoft  
**Release:** Nov. 22

Contrary to popular belief, this is not a bizarre world remake of the first Xbox. It's next gen! Boasting fancy microchips up the wazoo and an updated Kinect sensor, the new tech allows for each and every little thing you do on the machine to be voice controlled. "Kinect, get me a pizza." The future is now, people.

## PlayStation 4

**Company:** Sony  
**Release:** Nov. 15

Sony's PlayStation 4 features both bells AND whistles. The main draw here is plenty of computing power, around eight times more than the PS3. The console also features the ability to live stream play sessions, which is fancy talk for being able to use your TV to watch other TVs play games.

# Hot trends in 3-D printing on display at World Maker Faire

One of the exciting things about Maker Faire is seeing the technological progress year over year. Case in point: 3-D printers. At the last World Maker Faire, the 3-D printing village was filled with a whole bunch of competing printers. This year promises to explore the category a little more widely as add-ons — be they new materials or 3-D scanners — take the stage.

On Saturday, Matt Stultz will give a talk on exploring new and innovative materials for use in 3-D printers. In his talk he'll explain that with 3-D printers evening out in quality, the new frontier is exploring materials beyond the trusty ones we're used to.

"In the past year we have seen a flood of new materials hit the market that can completely alter the properties of your final print," he says. "Most



Think about printing out a gnome statue! / PROVIDED

people, though, are not adopting these because they either don't know about them, don't know the advantages of them or are afraid they might damage their machines. I will show that many of these materials are easy to get started with (some of them easier than ABS or PLA) and that their abilities can change the possibilities of what we

can use 3-D printers for. I will be showing off Nylons, PLA variants, ABS variants, HIPS, PET and maybe a few surprises."

Stultz will be presenting on the 3-D printing stage at 3:30 p.m.

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# 'Insanity' workout driving you insane?

**Sweat.** Shaun T, creator of the infamous workout, shares his advice.

Before his "Insanity" workout caused users around the country to huff and puff, Shaun Thompson excelled as a professional dancer. His first fitness program was "Hip Hop Abs," and he's also developed a quickie 25-minute workout, "Focus T25." However, "Insanity" remains, reputedly, the hardest workout around. Even Shaun himself knows it's a toughie.

"This past spring, I did the 60-day program. ... Doing it myself for 60 days, it really was tough," he says. "I gained a whole new respect for the people who do the 60 days. You have to dig seriously deep. You

## Back to his roots

### "Like coming home"

Shaun T started his career as a professional dancer in an Atlantic City night club. So it's no wonder the New Jersey native says that appearing at Caesars Entertainment's second annual health and fitness event, Sweat AC, this weekend, is "like coming home."

## How he eats

### He won't say no to dessert!

As any fitness expert knows, exercise alone doesn't keep a body healthy and trim. Shaun T prefers not to follow any particular diet plan. "I don't like boxes and a diet creates this box you have to live in," he says. "I eat 85 percent healthy and 15 percent for fun."

develop a love-hate relationship with 'Insanity.'"

For those who feel the "hate" more than the "love," Shaun's surprising advice to help people through his workout is go at it slowly.

"Some people start by going really hard, but form over speed gets re-

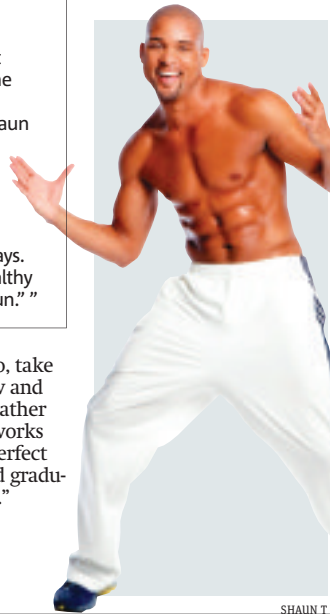
sults. If you want to, take a break. Going slow and staying in control rather than speeding up works better long-term. Perfect your form first, and gradually increase speed."

**LINDA CLARKE**  
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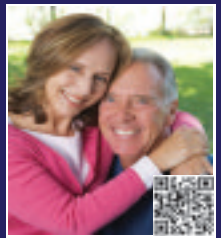


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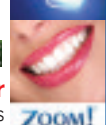


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WELLBEING

32

# New dairy picks for you

Here's what we're oohing and moo-ing over this month. MEREDITH ENGEL

#### The products

### Tarte Asian yogurt

We love Greek yogurt as much as you do, but we were pleasantly surprised to learn about Tarte Asian yogurt — slightly sweeter, with twice the calcium of the Greek stuff and 13-14 grams of protein. **\$1.79 per cup, grocery stores**

up too. **\$4 for an eight-pack, Whole Foods**

### Blue Diamond Almond Breeze Single-Serve

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### Siggis squeezable yogurt tubes

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Mark Melrose, DO, is a board-certified emergency physician at Urgent Care Manhattan. Email him your questions at [askdrmark@metro.us](mailto:askdrmark@metro.us).



**I've had a sore throat for a few days. How do I know if I have strep and need antibiotics?**

A sore throat (pharyngitis) is among the most common reason that people seek medical attention. Pharyngitis can be caused by a variety of illnesses or medical conditions, like viruses, bacteria (strep), seasonal allergies, acid reflux or even sexually transmitted infections.

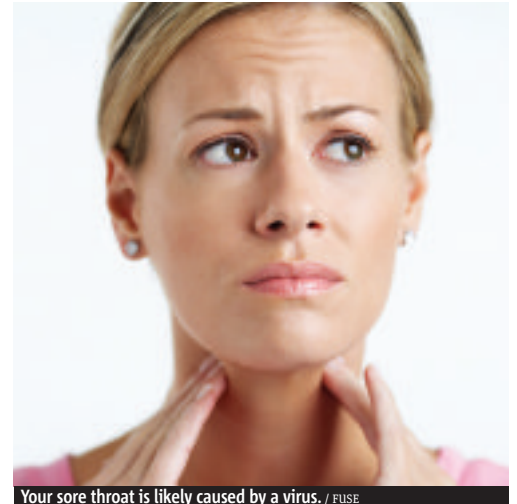
Viral illnesses are by far the most common causes of sore throats. Hundreds of cold viruses are responsible for millions of sore throats every year, especially in winter and early spring. These out-of-control strep by approximately 10 to 1. They're often accompa-

nied by nasal congestion and/or a cough, as well as a low-grade fever and general malaise. White spots on your tonsils and swollen glands are not specific to strep — they're just as likely to be found with viral infections.

Strep, short for beta-hemolytic streptococcus group A (quite the mouthful), is a bacteria that causes sore throats, and is classically accompanied by fever, chills and general discomfort. A strep infection can be diagnosed in most doctors' offices and clinics with a rapid antigen test that looks for evidence of the bacteria by taking a swab of mucus from the back of your throat. It detects the presence or absence of an infection up to 90 percent of the time in adults, but the test is somewhat less accurate in children. If your test is negative, it will be sent out to a lab for confirmation.

Strep infections should be treated with an appropriate antibiotic such as amoxicillin (the drug of choice) or another antibiotic in case of a penicillin allergy. This will make the symptoms clear up a few days sooner than

# WHAT'S CAUSING YOUR SORE THROAT?



Your sore throat is likely caused by a virus. / FUSE

without antibiotics — and more importantly, it will limit the likelihood of complications caused by this type of strep infection. Scarlet fever, rheumatic fever and kidney inflammation (can you say glomerulonephritis?) are all very preventable side effects of strep infections when treated with antibiotics.

Strep and sore throat viruses are contagious from one person to another. If you're infected, wash your hands frequently and

avoid intimate contact (like kissing, etc.) until two to three days after a fever is gone or antibiotics have been initiated.

Infectious mononucleosis and herpes canker sores are other sore throat viruses and can be diagnosed by specific testing once strep has been ruled out. Acid reflux and post-nasal drip from seasonal allergies or sinus infections are also common sources of sore throats and can be treated accordingly by your physician.

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## Horoscope

**♍ Virgo | Aug. 23-Sept. 22.**  
Focus on your relationships with others. Discussions will lead to settlements. Don't lend or borrow.

**♎ Libra | Sept. 23-Oct. 22.**  
Add structure to your life to help you reach your career goals. Peace of mind comes at a cost, but be prepared to pay the price if you hope to get anywhere.

**♏ Scorpio | Oct. 23-Nov. 21.**  
Follow your dreams and focus on your talents. Don't be afraid to do things differently. Your tactics will draw positive attention and help you get ahead.

**♐ Sagittarius | Nov. 22-Dec. 21.**  
Be honest when it comes to sensitive situations to ensure that you don't face costly interference. Listen to others and respond with reason.

**♑ Capricorn | Dec. 22-Jan. 20.**  
Speak up and share your thoughts, but don't meddle in others' affairs. Put your time and effort into career advancement.

**♒ Aquarius | Jan. 21-Feb. 18.**  
Your ideas may seem a little avant-garde. Keep your plans a secret until you are satisfied that you will get results you want.

**♓ Pisces | Feb. 19-March 20.**  
Discuss money matters openly. An unusual investment will be enticing, but pursuing your own plan will net higher returns.

**♈ Aries | March 21-April 20.**  
Inconsistency will not help you gain the confidence of others. If you make your plans carefully and then stick to them, Dame Fortune will be in your corner.

**♉ Taurus | April 21-May 21.**  
Getting to know your co-workers better will help you get the results you are looking for. Strive for perfection in a group project.

**♊ Gemini | May 22-June 20.**  
Do what you can to improve a situation that concerns you. Call in favors if it will help you reach your destination. Don't be fooled by a sob story.

**♋ Cancer | June 21-July 22.**  
Enjoy friends, family and outings that will inspire you to do something creative. Stick to basics and to incorporate your own footprint.

**♌ Leo | July 23-Aug. 22.**  
Size up the situation and react quickly. Taking control before someone else does will establish your position. **BERNICE BEDE OSOL**

## Letters

## Further study required on GMOs

**Re: 'Take a kinder look at good old-fashioned GMOs' (Metro, Sept. 16)**

Letter writers Matt Brosnan and Kelton Barnsley miss the point and are trying to confuse the issue by claiming that natural selection and selective breeding are the same as genetic engineering. They are not!

Selective breeding has been used in history to enhance vegetable and fruit quality (flavor, taste, productivity) over many generations. Genetic engineering only serves the interest of the producer to minimize losses, not the interest of the consumer, who gets less quality.

While I understand the need to produce more food for an increasing population, GMO food should be clearly labeled to give consumers who prefer quality over quantity a choice. This should also reward producers who use non-

modified foods. Some genetic modifications may be OK.

However, bigger, less flavorful apples are sure to also contain less vitamins, flavonoids, antioxidants, etc.

The non-browning Arctic apple was engineered to contain less polyphenols, which give the apple its antioxidant qualities, robbing the consumer of the healthy benefits of the apple.

Tomatoes engineered or selected to delay ripening are a disaster; they become black inside in a few days instead of becoming soft and flavorful. I stopped buying tomatoes long time ago.

Toxins not usually consumed by humans, introduced in plants for resistance, although they seem safe, may have serious consequences in the long term, which we don't yet understand (e.g. allergies, changes in intestinal flora, etc).

**GABRIEL ROSSA, VIA EMAIL**

**letters@metro.us**

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

## Sudoku: Easy and hard

4	7				6			9
3		2			9		7	4
			5					
		5		2				7
	9	4				5	6	
6				9		1		
					8			
7	1		4			2		8
8			1				3	5

			7	9		5		
8		9	5			3		2
5		3			2			
6			2			8	3	
	5	2			1			6
			9			1		4
7		1			5	9		3
		8		1	7			

**How to play**  
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword

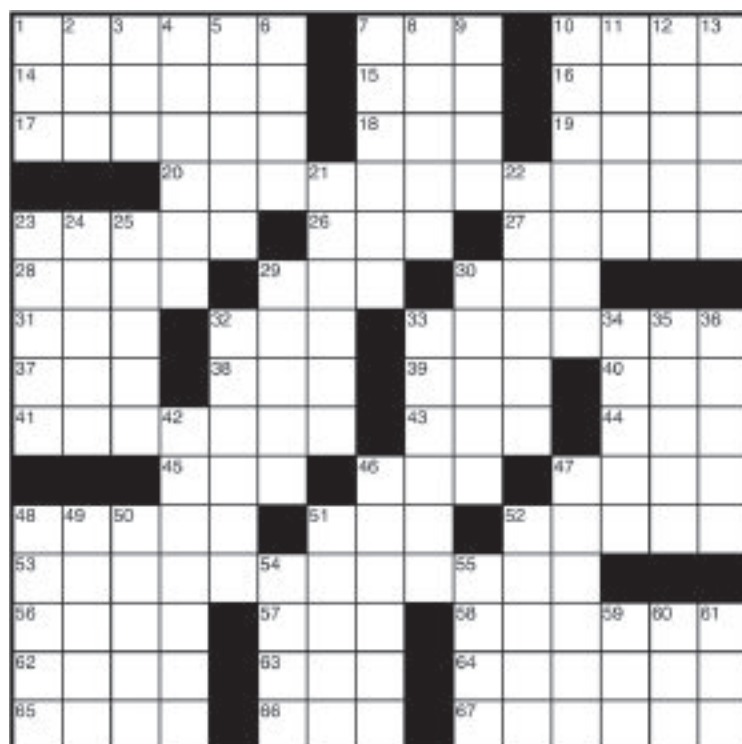
## Across

- 1 Good-looker
- 7 Dollop
- 10 Bonkers
- 14 Venus' sister
- 15 Down Under bird
- 16 Pavarotti piece
- 17 Burns up the road
- 18 Find fault
- 19 SF transit system
- 20 Brown sugar confection
- 23 Luxury fur
- 26 Campers, for short
- 27 Fields of study
- 28 Treaty member
- 29 Mermaid's domain
- 30 Golf bag item
- 31 Whopper
- 32 Nieces et al.
- 33 Judge incorrectly
- 37 4-wheel drive feature
- 38 Terre Haute st.
- 39 Thurman of "Gattaca"
- 40 Mademoiselle's date
- 41 Not heed
- 43 Army address
- 44 - kwon do
- 45 Loud argument
- 46 Corporate abbr.
- 47 Bronze coin
- 48 Watering place
- 51 Billiard stick
- 52 Mystiques

## Down

- 53 Medieval adventurer (2 wds.)
- 56 Opposed
- 57 Yes, in Tokyo
- 58 Gourmet's pride
- 62 Beijing coin
- 63 Admiral's org.
- 64 Long bouts
- 65 35mm cameras
- 66 Not decaf.
- 67 Tycoon's home
- 30 Fainthearted
- 32 Put the — on
- 33 Summon, as courage
- 34 Restaurant patron
- 35 Fridge maker
- 36 Slims down
- 42 Roots
- 46 Enticing
- 47 Meat market buy
- 48 Rubber-stamps
- 49 Cancel
- 50 Raga instrument
- 51 Refrain from
- 52 Writer — Nin
- 54 Calendar abbr.
- 55 Nave neighbor
- 59 Famous Khan
- 60 Lunar new year
- 61 Language suffix

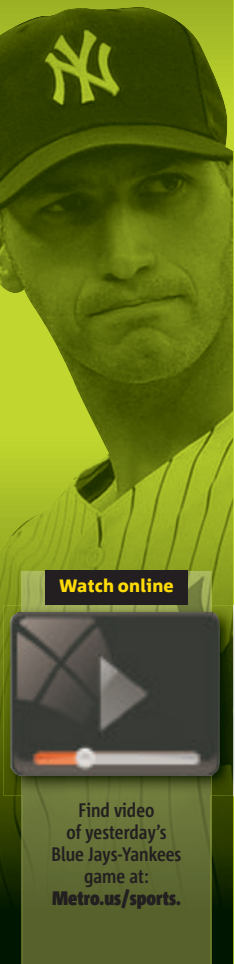
## Yesterday's answer



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# 3 SPORTS



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The Islanders got a chance to see what the ice will look like at Barclays Center as they opened camp last week. / GETTY IMAGES

## Islanders, Barclays forming quick bond

**NHL.** The Islanders and Forest City Ratner are already enjoying early fruits of a relationship.

As the Islanders opened training camp, with their future home below him, Brett Yormark recalled a conversation he had with Charles Wang.

What the owner of the Islanders requested from the chief executive officer of the Barclays Center and the Brooklyn Nets was not so much a plea as it was a marching order.

"What Charles said to me was, 'Do what you've done for the Nets for our franchise,'" Yormark said last week in what was ostensibly the first chance for the team to become acquainted with its future home ahead of Saturday's preseason game between the Islanders and the Devils at Barclays Center.

This Saturday's game will be the first NHL game played in Brooklyn.

"The Islanders are a big part of our future here at the Barclays Center," Yormark said. "We're really ecstatic to have them here today and also to host what will be an exciting night on

### Quoted

**"My goal is that if Islanders fans [like them] on Long Island, they're going to love them here."**

Yormark, on bringing the Islanders to Brooklyn

Sept. 21."

Corporate synergy has been fashioned in a remarkably short period.

"Charles is making a great investment in the team now — not just on the ice, but off the ice. We have hired 20-plus people in all areas of the company," Yormark said. "Charles has given us the opportunity to transfer some of our

best practices that we developed here over there. All we need to do was tinker a little bit with the front office, create a little bit of a more aggressive sales and marketing culture, and I think you're seeing the fruits of all that labor."

**DENIS GORMAN**  
sports@metro.us

### Throwing issues

## Mechanical flaws hurting Geno Smith

The ball may look pretty in mid-air, but Jets rookie quarterback Geno Smith's three-interception performance in a 13-10 loss at the Patriots wasn't just the result of this being his second NFL start. In fact, it had everything to do with his technique.

Smith fell to the second round in the draft based on his rawness and mechanics.

Former Giants quarterback Scott Brunner, who has mentored the likes of Joe Flacco, sees them popping up in the rookie.

"Geno is a talented young quarterback. He has a tremendous skill set," Brunner said. "Right now, he is going through phases when his physical skill set and his mental skill set are not in sync. As a result, his fundamentals regarding his footwork and decision-making break down. When that happens, usually in critical situations, he has little chance of success." **KRISTIAN DYER**



Geno Smith / GETTY IMAGES

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-My name is Lisa I visited  
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work, he told me that one of  
the beginning how my husband  
was cheating on me with my  
friend from work, we put a  
spell on him and he is not  
longer with that woman.  
thanks Mr shaman.

-Mark from Brooklyn: I  
have tried many time with  
other psychics to get a  
cleansing to improved the  
sales on my business but  
nothing really worked, Mr  
Shaman told me that one of  
my employees was doing  
voodoo on me, and I saw  
with my own eyes that he  
was really helping me.

-My name is Samantha I'm  
Gay and I'm from Long Is-  
land and I visited Mr  
shaman in his office in Man-  
hattan and then in new Jer-  
sey, to get my girlfriend  
back, she is living with me  
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bid packet may be obtained by  
contacting Gelena Deverman at  
845-494-0488; during the hours of  
9am - 5pm.  
Sealed bids must be received  
by noon on October 2, 2013.  
All work will be conducted in  
strict accordance with the bid  
specifications and in compliance to  
the CACFP guidelines.  
Bids will be opened and read on  
October 2, 2013 at 3pm at  
1 Prospect Park West Brooklyn,  
NY 11215

## Legal Notices

### Notice of Formation of

Compass Nutrition, LLC  
Arts. of Org. filed with the  
SSNY on 03/01/2013.  
Office location: New York  
County. SSNY has been  
designated as agent of  
LLC upon whom process  
against it may be served.  
SSNY shall mail process to:  
LLC c/o 22 Cortlandt St.,  
Ste. 1632, NY, NY 10007.  
Purpose: any lawful activity

### NOTICE IS HEREBY GIVEN

that a license, Number Pending  
for Beer & Wine has been  
applied for by the undersigned  
to sell Beer & Wine at retail in  
a Wine Bar under the Alcoholic  
Beverage Control Law at 416  
Church Ave., Brooklyn, NY 11218  
for on-premises consumption.  
Church Cafe Wine Bar, Inc.

### NOTICE IS HEREBY GIVEN

that a license, Serial # 1273336,  
for On-premises Liquor has been  
applied for by the undersigned  
to sell Beer, Wine & Liquor at  
retail in a Karaoke Cafe under  
the Alcoholic Beverage Control  
Law at 160-13C Northern Blvd.  
Flushing, NY 11358 for on  
premise consumption. H & SA Inc.

### NOTICE IS HEREBY GIVEN

that a license, Serial # 1272770, for  
Restaurant Wine has been applied  
for by the undersigned to sell Beer &  
Wine at retail in a Restaurant under  
the Alcoholic Beverage Control  
Law at 71-22 Roosevelt Ave.,  
Jackson Hgts., NY 11372 for on  
premise consumption. Unidentified  
Flying Chicken Inc d/b/a UFC

### NOTICE IS HEREBY GIVEN

that a license, Serial # 1272455,  
for Restaurant Wine has been  
applied for by the undersigned  
to sell Beer & Wine at retail in a  
Restaurant under the Alcoholic  
Beverage Control Law at  
35-30 Union Street, Flushing,  
NY 11354 for on premise  
consumption. New Jin Dai Lai Inc.

## Pets

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pref, non smkr. \$725/mo. Util incl.  
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### Apartments

Bainbridge/All Bronx Stu fr. \$75,  
1 Br fr. \$85, 2 Br's fr. \$100, 3/4 Br's  
fr. \$120. Also no credit check apt's  
avail. MAZIE'S RE 718-293-4555

Bedford Pk \*Moshulu Pkwy So.  
Near Park, Garden, Zoo, Trans.  
3 br \$125. Well Maintained.  
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Individual results may vary. This advert is not intended to discourage other treatments or surgical intervention where recommended. Always seek the advice of your physician or other health providers with any questions you may have regarding a medical condition.  
References: 1. Bar-Ziv Y et al., Arthritis Journal 2013. 2. Elbaz A et al., Clinical Biomechanics 2010. 3. Haim, A., et al., Journal of Biomechanics 2011.